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$\frac{3}{4}$ ths of a tsp of sharp cheddar cheese
 $\frac{3}{4}$ ths cup Whole Milk
 $\frac{1}{4}$ th tsp sesame seeds (I used Blonde one)
 1 cup of coffee as a drink when you wake up and maybe
 another

Combine these ingredients and place in a cup (You can
 drink the hot coffee separate) and heat in the microwave 1
 minute and 22 seconds. Just until hot. Consume as a food or
 breakfast.

This will help eliminate hallucinations or narcotic effects 10
 or side effects from narcotics.

My Favorite Best Method

For People Who do not Need High Potency
 Anti-Psychotics (which is not Me. I Need Stronger
 Ones)

1 $\frac{1}{2}$ tsp blonde sesame seeds (or grind them).
 1 tsp green tea in 2 cups water boiled until semi brown, let set. 20
 Drain the tea water and discard the tea. Use only the tea
 water.

$\frac{1}{2}$ tsp Wesson oil
 $\frac{1}{4}$ th cup plain ground rice (or Grind the rice and the sesame
 seeds together in a grinder for so the oil in the sesame seeds 25
 don't clog the coffee grinder.)

1 $\frac{1}{2}$ Tablespoons Tillamook Sharp Cheese
 $\frac{1}{4}$ th cup frozen green beans. (Do not grind. Grinding changes
 the drug.)

12 cups milk (Do not use low fat milk. Whole milk is what I 30
 use) Combine all. Cook either on the stove stirring con-
 stantly or in a microwave or in the stove at 350 degrees.
 Cook until done. Place in little chunks in a baggie labeled
 MEDICINE DO NOT EAT and store in freezer and use.
 (The reason I write do not eat is so everyone knows it is a 35
 medicine.)

I eat this medicine the same as above. I use cups at first with
 oil and always with hot milk (and preferably with 2 cups of
 coffee in the morning) to regulate myself. Then after many
 days, I lower the dose to $\frac{1}{2}$ cups then to tablespoon or less (but
 always with 1 tsp to tablespoon+ of oil daily). Remove the
 coffee or lower the coffee or caffeine intake if you are trying
 to take this drug to reduce the potency after being on a drug
 with higher sesame seed count and higher caffeine count.

These can be Added

Adjusting the coffee or daily caffeine count drastically
 changes this drug. If you need a little extra increase in
 potency, drink a cup of coffee before bed. I add a little cream.
 A glass of wine is good also, but may push out the medicinal
 effect in the morning. The coffee will greatly help. You will
 notice that when you wake up, you will feel medicated. A
 glass of Half & Half or a richer milk, taken before bedtime, is
 a wonderful way to help this medicine.

Add meat and many other additional ingredients in this
 patent to enhance this drug. If I get a little psychosis entering
 in, I eat a little meat. When I was just using the sesame
 seed/green tea/milk best methods, I would eat crawfish for a
 week and notice an increased medicated effect. It works on
 my best methods.

NOTICE: It may take you weeks to see that this medicine
 is regulated in you. Do not judge it while you are taking cups
 or more than a tablespoon per day with oil. You must be
 regulated to experience the medicine in the best form.

This medicine is my breakfast. After 2 cups of coffee in the
 am, I have a $\frac{3}{4}$ ths of a tablespoon with about 14 ounces of hot

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milk. Then later in the morning I eat balanced food. I eat a
 little fruit and try to stay off greens and not eat too much meat.
 This is how I balance my foods. The best way is to never eat
 too much of any ingredient. I consume coffee only as needed
 5 (after my approximate 3 cups in the morning.)

Exhibit H

Prior Art

(Letter to the Patent Office: This is a nutshell of my patent.
 The Prior art is just 2 examples of recipes that do not have
 these exact attributes. I made those 3 years ago and they are
 nothing compared to what is in this patent. They are weak and
 15 no strong narcotic effect. They do not have the capacity to do
 the job correctly. I wouldn't take them. They are simply not
 good enough. This patent I am filing is. Here is a background
 of the invention filed today:

Background of the Invention Diane's Manna:

This medicine is a interchangeable continual drug made
 from 1 to 7 interchangeable ingredients that heals and allevi-
 ates the symptoms of many illnesses including cancer and
 mental illness and pain and many others with the unique
 benefit it can be combined with medicines like Zyprexa with
 the benefit of this combination lasting months with a
 extremely strong, narcotic in nature medicinal benefit for
 over 21 days. Although please understand, I don't need to add
 Zyprexa or Ibuprofen to this medicine because it is good
 enough to do the job without adding any medicine to it. These
 ingredients include green plants that are interchangeable,
 small seeds that are interchangeable, green tea that is inter-
 changeable with other ingredients such as coffee and narcotic
 seeds.)

So, The following Prior art is extremely different than the
 above paragraph) 35

PRIOR ART

The Bible. Communion. Feast of Unleavened Bread.
 40 Manna from Exodus.

Document: In the Communion recipe listed as patent 269-
 270 please note that only this recipe in my patent docs is prior
 art and the accompanying patent numbers have never been
 published. (It is not strong enough for many issues. Flour is
 45 wheat only.) I only released the benefits and claims are num-
 bers 1-17 and that is all on page Unleavened bread and wine.
 It is a sample of one distinct recipe and has no strong narcotic
 seed in it, no green plants, no caffeine which are inherent in
 this unique patent I am filing.

Document: Media release Media 2 release provided recipe
 New York Times ad (to publish the recipe in Communion
 recipe above and the second recipe) Seaweed, by itself, is for
 ADD.

Green Beans, by itself, is good for ADD.

55 Narcotic, by itself, is Moss. My journeys have provided
 this.

Vaccine: You need a small amount of mold. I made mold
 and created mold in Flour made of bleached wheat. I ate it. I
 then got deathly ill. It was a very deadly drug. The mold was
 60 in me and I thought it was a vaccine.

Evening primrose Oil is a stopper for mold. It actually did
 not stop the mold. I just thought it did.

As a healing of my cancer, I used evening primrose oil. This
 oil only is prior art. (Take 1 gallon and cook at extreme
 temperatures and freeze (Place oil freezer overnight). Repeat
 cooking it and freezing it 4-10 times. Use as needed.) This one
 Evening primrose oil is only allowed as prior art for cancer